



City of Raleigh Parks and Recreation  
Athletic Division

**2011 - 2012**

**Youth Basketball**

**Rules and Regulations**



Where sportsmanship defines competition!





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## 2011-2012 Parks and Recreation Point of Emphasis

1. The consistency of the Back Court Defense call continues to be inconsistent. Referees and coaches should review this rule at the start of each game. (Technical fouls are (1) shot only and are not assessed to any player, coach, or team. The ball is put in play a mid-court by the offended team.)
  - 1.1. **Situation:** Player A1 is advancing the ball to the front court. Player B1 plays defense on the offensive player and gains control of the ball.  
**Ruling:** Technical foul – (1) shot awarded to Team A. The ball is put in play a mid-court by the offended team.
  - 1.2. **Situation:** Player A1 gains control of the ball in the backcourt and throws the ball towards the front court. Player B1 is in the direct path of the ball and, without making an attempt, makes contact with the ball.  
**Ruling:** This is considered accidental contact and the ball is taken out of bounds at the closest location to the disruption in play.
  - 1.3. **Situation:** Player B1 is playing defense with his toes almost touching the half court line. Player A1 is unable to cross half court with the ball.  
**Ruling:** Technical foul – (1) shot awarded to Team A. The ball is put in play a mid-court by the offended team.
  - 1.4. **Situation:** Player A1 is advancing the ball to the front court. Player B1 attempts to play defense on Player A1 while in the backcourt but does not gain possession of the ball.  
**Ruling:** Technical foul – (1) shot awarded to Team A. The ball is put in play a mid-court by the offended team.
  - 1.5. **Situation:** Player A1 is advancing the ball to the front court and collides with Player B1 running towards the front court. Player B1 was not attempting to play defense.  
**Ruling:** This is considered accidental contact and the ball is taken out of bounds at the closest location to the disruption in play.
2. Rough Play. Officials and coaches should promote good sportsmanship, encouraging fair play and minimizing the risk of injury to participants. Rough play creates conflict between players and increases the opportunity for injuries
  - 2.1. **Situation:** Player A1 has the ball in the post position and creates space by “backing down” the defender.  
**Ruling:** This is a personal foul on Player A1.
  - 2.2. **Situation:** Player A1 is dribbling around the perimeter of the 3-point line. The defender, Player B1, puts a hand on Player A1.  
**Ruling:** This is illegal use of hands, which gives the player an advantage. Regardless of where it happens on the floor or whether the player is offensive or defensive, it is a foul when a player:
    - a) Continuously places a hand on the opposing player.
    - b) Places both hands on a player.
    - c) Continuously jabs a hand or forearm at an opponent.
  - 2.3. **Situation:** Player A1 is going for a loose ball and is a few steps ahead of player B1. Player B1 dives for the ball and pushes Player A1 to the side.  
**Ruling:** Player B1 has committed a foul. A loose-ball situation does not allow for a player to “jump on” or “take out” an opponent in an attempt to gain an advantage while chasing a loose ball.



# General Information

## **1. MISSION STATEMENT**

The Youth Athletics Program provides to all youth, ages 5-18, the opportunity to participate in quality organized athletics through leagues, special events, camps and clinics. We strive to teach fundamental skills and rules, teamwork and sportsmanship in a fun atmosphere with the leadership of well-trained volunteers and staff.

## **2. PURPOSE**

The Purpose of Raleigh Parks and Recreation Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

## **3. YOUTH SPORT PHILOSOPHY**

- 3.1 Every child is given the opportunity to participate in a safe and fun environment in the sport of his or her choice.
- 3.2 It is the charge to provide as many diversified athletic offerings as possible throughout the year.
- 3.3 It is encouraged that all participants are given the maximum opportunity to succeed in competition without regard to level of experience or ability.
- 3.4 All coaches, participants, and spectators are expected to display good sportsmanship at all times.
- 3.5 The well being of the participant must always come first. NO exceptions!

## **4. LEAGUE MANAGEMENT**

- 4.1 Operation of the leagues shall be under the direction of the Raleigh Parks and Recreation Department Staff.
- 4.2 The governing authority shall be vested in the City of Raleigh Parks & Recreation Department, Athletic Division.
- 4.3 Teams will play a predetermined number of games according to league standards.
- 4.4 Staff will determine the number of practices based on availability, number of teams, and weather. Raleigh Parks and Recreation will try to schedule two practices a week prior to the start of scheduled games. After the start of games, each team may be scheduled one practice per week.
- 4.5 Basic Equipment will be provided by the Raleigh Parks and Recreation Department according to department standards.
- 4.6 Parent meetings will be conducted by coaches of each team. Meeting handouts will be provided by the Raleigh Parks and Recreation Department.
- 4.7 Players may participate on only one team in the Raleigh Parks and Recreation Youth Program. That team will be within the geographic boundaries of residence established by the Raleigh Parks and Recreation Department, unless otherwise approved by the athletic division staff. Players found participating on two teams may be removed from the program and the game or games in question may be forfeited.
- 4.8 Awards will be given to the league winner in the Mitey Mite through Super Leagues. All Pee Wee and Mini Mite League participants will receive Certificates of Participation. Additional awards will be given by the Parks and Recreation Department when deemed appropriate.

## 5. IMPORTANT PHONE NUMBERS

Athletic Office	831-6836
Weather Line	831-6575
Website: <a href="http://www.raleighnc.gov">www.raleighnc.gov</a>	
<u>District A</u>	
Brier Creek Community Center	420-2340
Lake Lynn Community Center	870-2911
Optimist Community Center	870-2880
<u>District B</u>	
Green Road Community Center	872-4140
Lions Park Community Center	831-6995
Millbrook Exchange Community Center	872-4156
<u>District C</u>	
Jaycee Community Center	831-6833
Laurel Hills Community Center	420-2383
Method Community Center	831-6066
<u>District D</u>	
Barwell Road Community Center	329-5994
Biltmore Community Center	831-6895
Carolina Pines Community Center	831-6435
Chavis Community Center	831-6989
Halifax Community Center	831-6378
Peach Road Center	807-8545
Ralph Campbell Community Center	250-2757
Roberts Community Center	831-6830
Tarboro Road Community Center	831-6505
Walnut Terrace Community Center	831-6155
Worthdale Community Center	250-2730

## 6. CODE OF CONDUCT

The Raleigh Parks and Recreation Department expects good sportsmanship from its coaches, participants and spectators as outlined below in the guidelines for code of conduct.

- 1) No Individual shall refuse to abide by any League Official's decision.
- 2) No Individual shall be guilty of objectionable demonstrations of dissent at any League Official, participant or spectator decision.
- 3) No Individual other than the Coach/Captain shall discuss with any League Official in any manner the decisions reached by any League Officials.
- 4) No Individual shall be guilty of using unnecessary rough tactics in the play of the game.
- 5) No Individual shall at any time lay a hand on, push, shove, strike or threaten to strike ANY League Official, participant or spectator.
- 6) No Individual shall be guilty of personal verbal abuse upon any League Official, participant or spectator for any real or imaginary wrong decision or judgment.
- 7) No individual shall be guilty of physical attack as an aggressor upon any other Individual or League Official.

Penalty (Suspension Rules): For rules 1 through 7, Individuals ejected from the game by any league official for any of the above unsportsmanlike acts shall immediately leave the property and will be suspended until after the team's next scheduled game. Individuals without transportation shall remain at the facility until a parent or guardian can arrive to pick them up. If the individual continues to be disruptive while at the facility, he or she will be subject to further disciplinary action.

Individuals that have been suspended will not be permitted to attend any athletic activities, including practices and games for that team during the suspension period and will also be suspended from all other Parks and Recreation property as noted below.

If a coach is removed from a game, the assistant coach will take over the head coaching responsibilities. If there is not an assistant coach available, a parent will temporarily become the coach for that team. The Athletic Director should be made aware of any of these situations.

Penalty: For violations 4 through 7, individuals will be suspended for the remainder of the season. All Suspension Rules and penalties still apply.

### Code of Conduct Definitions

Property – All facilities and parklands used by City of Raleigh Parks and Recreation Department programs.

League Official – Includes any scorekeeper, game official, and Parks and Recreation Department Staff

Individual – All Coaches, players, spectators, and staff

Suspension Rules – Any violation of rules that warrant a suspension, regardless of broken rule and penalty, to include suspension from all property (defined above).

## **FOUR LEVEL SUSPENSION POLICY (All penalties noted in code of conduct also apply.)**

**After an evaluation of each offense by staff, the following penalties will be imposed:**

Level 1: The offending individual will receive a verbal warning and a note on their record.

Level 2: The offending individual will receive a written warning and a note on their record.

Level 3: The offending individual will be required to meet with an Athletics Department representative and a League Official at an agreed upon time where the individual will receive a 2<sup>nd</sup> written warning and an extensive discussion of the events that took place. Expectations for the immediate future will be discussed and additional penalties, including suspension, may be imposed. The result of any future disciplinary action will be discussed.

Level 4: The offending individual may receive an indefinite expulsion from all City of Raleigh Parks and Recreation Department athletic activities.

**Note:** Depending on the severity of a situation that occurs, an individual may be called in by staff at any time to discuss the incident and the potential for immediate disciplinary action.

**Note:** An individual may receive any level at any time depending on the severity of the situation

**Note:** The suspension policy is cumulative, and may be carried over from sport to sport over an unspecified period of time.

## **7. RULES FOR GOOD SPORTSMANSHIP FOR PLAYERS, COACHES AND FANS**

7.1 Never boo a player or an official – recognize good play by all teams and participants

7.2 Always keep control of your temper

7.3 Remember “The Golden Rule”

7.4 Play to win, play fair, play with integrity

7.5 Be quiet when free throws are being taken

7.6 Treat all players /fan of the opposing teams with courtesy

7.7 Accept the outcome of the game graciously and in a sportsmanlike way

7.8 Don’t make abusive or irritating remarks from the sidelines

7.9 Accept as final, all decisions of the officials

## **8. BILL OF RIGHTS FOR YOUNG ATHLETES**

8.1 Right to participate in sports

8.2 Right to participate at a level commensurate with each child’s maturity and ability

8.3 Right to have qualified adult leadership

8.4 Right to play as a child and not as an adult

8.5 Right of children to share in the leadership and decision-making of their sports participation

8.6 Right to participate in a safe and healthy environment

8.7 Right to proper preparation for participation in sports

8.8 Right to an equal opportunity to strive for success

8.9 Right to be treated with dignity

8.10 Right to have fun in sports

## **9. COACHES AND ASSISTANT COACHES**

- 9.1 No team shall have more than two coaches. They are designated as head coach and assistant coach. Only the head coach is to be off the bench except during time outs and as defined by the NFHS. If a Coach's Box is not defined on the floor the coach is expected to remain in the vicinity of their bench.
- 9.2 Head coach appointments are to be made by the Raleigh Parks and Recreation Department, or designated staff for a season. All coaches will be evaluated each season. This evaluation will be used to determine whether or not he/she will be invited back to represent a team in our program in the future.
- 9.3 All coaches are required to submit a formal application and CCBI form to coach. All head coaches must attend the American Sports Education Program (ASEP). Clinic dates, locations and times are available throughout the year.
- 9.4 Assistant coaches may be selected by the head coach, pending approval of the Raleigh Parks and Recreation Department. Assistant coaches must submit a formal application and CCBI form.
- 9.5 All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Raleigh Parks and Recreation Department. Coaches should always keep in mind that they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times. Any coach not carrying out these duties and responsibilities will be penalized based on the Code of Conduct Policy.
- 9.6 Only the head coach and assistant coach (total of 2 coaches) will be allowed to sit on the bench with the team during the playing of an official game. No other adults are to be on the bench.
- 9.7 All coaches are required to wear the official Coach's Badge provided by designated Raleigh Parks and Recreation Department staff. The badge must remain visible throughout practices and games.
- 9.8 No Head Coach or Assistant Coach may leave the bench for the purpose of discussion with an official. Head Coaches and Assistant Coaches should also refrain from communicating with scorekeepers during play.
- 9.9 No coach shall recruit Raleigh Parks and Recreation Department players to play on teams outside of the Raleigh Parks and Recreation Department leagues that directly affect attendance in the Raleigh Parks and Recreation Department program. Violation of this rule can result in expulsion from the program.

## 10. TEAM COMPOSITION

- 10.1 Each team shall consist of approximately ten (10) eligible players for basketball, depending on the number of the candidates available at a particular location.
- 10.2 Team composition will be determined by the number of registrants in each age group.
  - 10.2.1 The Raleigh Parks and Recreation Department staff will determine the number of registrants the program can accommodate.
  - 10.2.2 The Raleigh Parks and Recreation Department staff must develop the player selection to accommodate the needs of all teams, including possible modifications of draft order depending on returning players and other factors.
- 10.3 Registration forms of all players will be kept by the Raleigh Parks and Recreation Department office. A player cannot participate in player selection, practices or games until a registration form has been turned in. Only players with registration forms on file in the league administrator's office are legal participants in the program.
- 10.4 League age as of date: The child's age as of March 31 of the current season. EXAMPLE: A boy or girl who is 10 years of age during the early part of the season, but will turn 11 years of age on or before March 31, will have a league age of eleven (11). All Raleigh Parks and Recreation players must compete within his/her age group.
- 10.5 Players may be replaced for the following reasons:
  - 10.5.1 Sickness and/or injury that will prevent a player from resuming play before the conclusion of the season.
  - 10.5.2 Parental consent to participate may be withdrawn at any time during the season. However, **players** will not be allowed to participate on another basketball team within the youth program for the present season.
- 10.6 The Raleigh Parks and Recreation Department staff may replace players upon confirmation of withdrawal with players from the waitlist.
- 10.7 No coach shall recruit Raleigh Parks and Recreation Department players to play on teams outside of the Raleigh Parks and Recreation Department leagues that directly affect attendance in the Raleigh Parks and Recreation Department program. Violation of this rule can result in expulsion from the program.

## 11 ROSTERS/AVOIDING FORFEITS

- 11.1 Rosters will be frozen after player selection has been completed. Players may be added during the season only by the Recreation Department staff.

**Note:** Only players on the official roster are eligible to play.
- 11.2 In order to avoid forfeit, teams must have at least four (4) eligible players ready to play either:
  - 11.2.1 At the scheduled game time
  - 11.2.2 Ten (10) minutes after scheduled game time for the first game of the day.
  - 11.2.3 If consecutive games are scheduled on any particular date, there will be no grace period after the first game. Teams are expected to be ready at the scheduled time.



## 12 UNIFORMS & EQUIPMENT

### 12.1 Uniforms

12.1.1 Jerseys will be provided by the Raleigh Parks and Recreation Department. Parents will be required to purchase shorts. It is mandatory that the jersey provided by Raleigh Parks and Recreation Department be worn at all games.

**Note:** Undershirts must be the same color as the jersey -THERE WILL BE NO CONTRAST IN COLORS.

12.1.2 **Teams shall NOT alter or enhance the uniforms that are distributed to players in any manner.**

12.1.3 **No warm ups, team shirts, team bags, etc shall be purchased or donated for any team.**

It is the goal that all participants receive the same opportunities, experiences, and benefits from the league.

12.1.2 Jerseys will remain tucked in during the game and pants must be worn at the waist level.

12.1.3 No Jewelry shall be worn by any player, except for medical identification.

**12.2 Equipment:** No equipment should be purchased or used of a quality less than that supplied by the City. The Recreation Department will furnish practice balls and Game Balls.

- Mini Mite and Pee Wee: 27.5 junior ball
- Mitey Mite and Little League: 28.5 size ball
- Junior, Senior and Super Leagues: official size ball
- All girls' leagues: 28.5 size ball
- No personal balls will be permitted in the gym during practices and games. It is the responsibility of the facility to provide at least two (2) regulation balls for each team for practice and warm-up.

## 13 COMMUNICABLE DISEASE PROCEDURES.

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential for transmission of these infectious agents should include, but not be limited to, the following:

**13.1** The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.

**13.2** Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.

**13.3** Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands with soap and water or non-water hand sanitizer. Wash hands immediately after removing gloves.

**13.4** Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.

**13.5** Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.

**13.6** Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.

**13.7** Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.

**13.8** Contaminated towels should be properly disposed.

**13.9** Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

# League Specific Playing Rules Information

**Raleigh Parks and Recreation Department  
Youth Basketball 2011-2012  
Quick Reference Chart**

<b>LEAGUE</b>	<b>AGE</b>	<b># of GAMES</b>	<b>BALL SIZE* (In Inches)</b>	<b>GOAL HEIGHT (In Feet)</b>	<b>MINS Per QUARTER</b>	<b>LANE VIOLATIONS (In Seconds)</b>	<b># of FOULS</b>	<b>FREE THROW LINE (FT)</b>	<b>TIME OUTS</b>	<b>3 PT. FIELD GOAL</b>
<b>Pee-Wee**</b>	5-6	10	27.5	8	6**	N/A	N/A	10'	0	N/A
<b>Mini**</b>	7-8	10	27.5	9	6**	N/A	N/A	12'	0	N/A
<b>Mitey</b>	9-10	12	28.5	10	7	5	6	12'	3 Per Game	Yes
<b>Little Boys &amp; Girls</b>	11-12	12	28.5	10	7	5	6	15'	3 Per Game	Yes
<b>Junior Girls</b>	13-15	12	28.5	10	8	3	5	15'	3 per game	Yes
<b>Junior Boys</b>	13-14	12	Official	10	8	3	5	15'	3 Per Game	Yes
<b>Senior</b>	15-16	12	Official*	10	8	3	5	15'	3 Per Game	Yes
<b>Super</b>	17-18	12	Official*	10	8	3	5	15'	3 Per Game	Yes

**\*\* Note:** Pee Wee and Mini Mite leagues practice approximately 15 minutes with their team's prior to game play. The 15 minutes is included in the time scheduled for the game.

**Raleigh Parks and Recreation Department Youth Basketball 2011-2012**  
**Pee Wee Basketball General Guidelines**

**Purpose:** The Purpose of Raleigh Parks and Recreation Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 5 and 6 years olds (Coed). All Raleigh Parks and Recreation players must compete within his/her age group.

**Ball Size:** A 27 inch, in diameter JR Basketball.

**Basket Height:** 8 Feet

**Free Throws:** Free throw line is at 10 feet. Free throws are awarded only for shooting fouls. The clock does stop during free throws.

**Time:** The league will play four (4), six minute quarters. There will be one (1) minute between quarters and five (5) minutes between halves.

**Practice:** 6 practices of 1 hour in length will be held prior to the season. During the season, players will practice approximately (15 minutes) with their teams prior to the start of the game. Practice will include reviewing and learning fundamentals and skills for basketball along with basic rules of the game. There will not be additional practices after games begin.

**Number of Games:** 10

**Playing Rules:**

- **Game Clock** –There shall be “fast clock” the entire game: stopping only for shooting fouls and official time outs. There will be no team time outs or overtime. The clock does stop during free throws.
- **Lane violations** – There will be no lane violations called for Pee Wee.
- **Fouls** – Fouls will be called, but no personal or team fouls will be recorded for Pee Wee.
- **Defense** – No defense will be allowed in the backcourt. No full court presses. If defense is applied, the team with the ball will return the ball out of bounds in the front court. Only Zone Defense is permitted.
- No **stealing** off the dribble or held ball will be allowed. Players **may** steal off of the pass.
- Teams will NOT switch goals at half time.
- Coaches are NOT allowed on the court during play, except one coach to help participants set up for the opening jump ball and free throws.

**Mandatory Playing Rules:** Each participant must play two (2) entire quarters. One quarter in each half. This is 50% of the game.

**Winning & Losing:** The Basketball league is instructional with emphasis placed on participation, learning and fun. No scores will be kept during the games. No win/loss record will be kept. There will be no end of season Tournaments.

No food or drink allowed in the gym for spectators. Players are able to have plastic water bottles with closed lids in the bench area. No drinks or snacks in the gym after the games.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 831-6575 or <http://www.parks.raleighnc.gov>.

**Raleigh Parks and Recreation Department Youth Basketball 2011-2012**  
**Mini Mite Basketball General Guidelines**

**Purpose:** The Purpose of Raleigh Parks and Recreation Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 7 and 8 years olds (Coed). All Raleigh Parks and Recreation players must compete within his/her age group.

**Ball Size:** A 27 inch, in diameter JR Basketball.

**Basket Height:** 9 Feet

**Free Throws:** Free throw line is at 12 feet. Free throws are awarded only for shooting fouls. The clock does stop during free throws.

**Time:** The league will play four (4), six minute quarters. There will be one (1) minute between quarters and five (5) minutes between halves.

**Practice:** 6 practices of 1 hour in length will be held prior to the season. During the season, players will practice approximately (15) with their teams the first part of the hour then play a game. Practice will include reviewing and learning fundamentals and skills for basketball along with basic rules of the game. There will not be additional practices after games begin.

**Number of Games:** 10

**Playing Rules:**

- **Game Clock** –There shall be “fast clock” the entire game: stopping only for shooting fouls and official time outs. There will be no team time outs or overtime.
- **Lane violations** – There will be no lane violations called for Mini Mite.
- **Fouls** – Fouls will be called, but no personal or team fouls will be recorded for Mini Mite.
- **Defense** – No defense will be allowed in the backcourt. No full court presses. If defense is applied, the team with the ball will return the ball out of bounds in the front court. Only Zone Defense will be permitted.
- No **stealing** off the dribble or held ball will be allowed. Players **may** steal off of the pass.

**Mandatory Playing Rules:** Each participant must play two (2) entire quarters. One quarter in each half. This is 50% of the game.

**Winning & Losing:** The Basketball league is instructional with emphasis placed on participation, learning and fun. No scores will be kept during the games. No win/loss record will be kept. There will be no end of season Tournaments.

No food or drink allowed in the gym for spectators. Players are able to have plastic water bottles with closed lids in the bench area. No drinks or snacks in the gym after the games.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 831-6575 or <http://www.parks.raleighnc.gov>.

**Raleigh Parks and Recreation Department Youth Basketball 2011-2012**  
**Mitey Mite Basketball General Guidelines**

**Purpose:** The Purpose of Raleigh Parks and Recreation Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 9 and 10 years olds (boys and girls leagues). All Raleigh Parks and Recreation players must compete within his/her age group.

**Ball Size:** An official 28.5 inch in diameter Basketball.

**Basket Height:** 10 Feet

**Practice:** Each district will try and schedule two practices per week prior to the season, once league play starts, one practice per week will be scheduled. All practices will be one hour.

**Number of games:** 12

**Free Throws:** Free throw line is at 12 feet. The bonus (one and one) will be in effect on the 7th team foul of each half. Double bonus will be in effect on the 10<sup>th</sup> team foul.

**Playing Time:**

1. The league will play four (4), seven (7) minute quarters. There will be one (1) minute between quarters and five (5) minutes between halves. The 3<sup>rd</sup> Quarter will be divided into two (2) 3:30 minute periods to accommodate the mandatory playing rule, with the possession arrow determining possession to start the second half of the 3<sup>rd</sup> period.
2. Each overtime period shall be two (2) minutes in length with a one (1) minute break between the end of regulation, and each overtime period. There will be a “regulation” clock during all overtime periods.
3. Coaches will have 20 seconds to replace or remove a disqualified/injured player, or player directed to leave the game. The warning horn will sound with approximately 15 seconds remaining in the replacement time.
4. Each team is allowed three (3), one (1) minute time outs per game. Time outs **do** carry over from the first half to the second half. One additional time out will be allowed for each overtime period. Time outs do carry over from the second half to overtime.
5. There will be a “**fast clock**” until the **last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 2<sup>nd</sup> half of the 3rd quarter and until the last **60 seconds** of the 4<sup>th</sup> quarter. The clock will stop only for the time outs, shooting fouls, and official timeouts during the “fast clock” portion of the game.
6. There will be a “**regulation clock**” during the **Last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter and during the last **60 seconds** of the 4<sup>th</sup> quarter. There will be a “regulation clock” during all overtime periods. The clock will stop for all fouls, violations, and time outs. Backcourt defense will be allowed overtime periods.

**Playing Rules:**

1. Youth League basketball games will be governed by the official rules of the National Federation of State High School Associations (Not College or professional rules) except a full size courts should be used, unless the facility is not equipped.
2. **Fouls** – 6 Fouls, including personals, intentional, and technical fouls.
3. **Defense** –there will be no defense allowed in the back court until there is one (1) minute remaining in the fourth quarter and all overtime periods. When a team gains possession of the ball in the back-court, the other team must retreat to the front court and allow the offensive player into the front court before defending him. This includes all throw-ins.  
**Penalty:** One (1) free-throw and possession of the ball at mid-court.

**Note:** The front court will be established:

1. When the ball crosses the mid-court line if the ball is not in possession of an offensive player
2. When the ball and both feet of the offensive player have crossed the mid-court line if the player is dribbling the ball.

**Note:** Inadvertent contact by a defensive player playing in the backcourt is not a violation and will result in the offensive team receiving the ball out of bounds.

4. **Jump balls will be used only** at the start of the game and all overtime periods. The alternating possession rule will be used for all held balls and to begin the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> quarters.

### **Mandatory Playing Rules:**

1. All players who are dressed out and who are ready to play prior to start of the second (2<sup>nd</sup>) quarter must play a minimum of one (1) full quarter in the first half, and ½ of the 3<sup>rd</sup> quarter (the 3<sup>rd</sup> Quarter will be divided in to two (2) separate 3:30 minute periods to accommodate the mandatory playing rule).

**Exceptions: injury, sickness, blood rule, a player fouling out in the first half and replacing a player who has been ejected from the game.**

**Note:** At the end of the first part of the 3<sup>rd</sup> quarter when the clock runs to 0.00, the alternating possession rule will be in effect and the ball will be taken out of bounds at the half-court line to start the 2<sup>nd</sup> segment of the quarter.

2. Players who are dressed out and who are ready to play prior to the start of the third (3<sup>rd</sup>) quarter on a roster with 10 players or less are required to play half (½) of the 3<sup>rd</sup> quarter in order to meet the minimum playing rule. A player arriving after the 3<sup>rd</sup> quarter has started is not required to play, however can enter the game and play during the quarter. It is the coach's decision to use the player if he arrives after the 3<sup>rd</sup> quarter has started.
3. If there are fewer than 10 players, the coach may choose which of his starting players will continue to play in the second (2<sup>nd</sup>) quarter. Players who have not had their playing time shall start the second (2<sup>nd</sup>) quarter and shall not be substituted. **Players who have met their playing requirements in the first (1<sup>st</sup>) quarter may be substituted for at any time in the second (2<sup>nd</sup>) quarter. All players must still play ½ of the third (3<sup>rd</sup>) quarter.**
4. If there are ten (10) players, the starting five players shall play the entire first (1<sup>st</sup>) quarter without being substituted for unless there is an injury. The remaining five (5) players shall play the entire second (2<sup>nd</sup>) quarter without substitution. All players must play a half of the third (3<sup>rd</sup>) quarter.
5. Any player removed from the game due to injury must be allowed to fulfill their required playing time at the earliest opportunity.
6. If there are more than 10 players, all players who did not play during the first (1<sup>st</sup>) half shall start the third (3<sup>rd</sup>) quarter and shall not be substituted for until they have played one (1) full quarter. Players who did not play a ½ of the 3<sup>rd</sup> quarter, must play ½ of the 4<sup>th</sup> quarter.

### **25-Point Rule:**

1. When a team reaches a 25 point lead:
  - 1.1 The score is removed from the scoreboard, but is still being kept in the scorebook.
  - 1.2 The team ahead is not permitted to play full court defense.

**Penalty:** One (1) free-throw and possession of the ball at mid-court.
2. Once the team's lead is 15 points or less, the 25-Point Rule will no longer be in effect.

### **Tournament Information:**

Each District will have a season-ending single elimination tournament in the Mitey Mite to Super League. Regular season rules will apply during this tournament.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 831-6575 or <http://www.parks.raleighnc.gov>.



**Raleigh Parks and Recreation Department Youth Basketball 2011-2012**  
**Little League Basketball General Guidelines**

**Purpose:** The Purpose of Raleigh Parks and Recreation Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 11 and 12 years olds; boys and girls

**Ball:** An official 28.5 inch in diameter Basketball.

**Basket Height:** 10 Feet

**Practice:** Each district will try and schedule two practices per week prior to the season, once league play starts, one practice per week will be scheduled. All practices will be one hour.

**Number of Games:** 12

**Free Throws:** Free throw line is at 15 feet. The bonus (one and one) will be in effect on the 7th team foul of each half. Double bonus will take effect after the 10<sup>th</sup> team foul of each half.

**Playing Time:**

1. All leagues will play four (4), seven (7) minute quarters. The 3<sup>rd</sup> Quarter will be divided into two (2) 3:30 minute periods to accommodate the mandatory playing rule, with the possession arrow determining possession to start the second half of the 3<sup>rd</sup> quarter. This will be a substitution pause and not a time out. There will be one (1) minute between quarters and five (5) minutes between halves.
2. Each overtime period shall be two (2) minutes in length with a one (1) minute break between the end of regulation, and each overtime period. There will be a regulation clock during all overtime periods.
3. Coaches will have 20 seconds to replace or remove a disqualified/injured player, or player directed to leave the game. The warning horn will sound with approximately 15 seconds remaining in the replacement time.
4. Each team is allowed three (3), 1 minute time outs per game. Time outs **do** carry over from the first half to the second half. One additional time out will be allowed for each overtime period. Time outs do carry over from the second half to overtime.
5. There will be a “**fast clock**” until the **last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and the 2<sup>nd</sup> half of the 3rd quarter and until the last **60 seconds** of the 4<sup>th</sup> quarter. The clock will stop only for the time outs, shooting fouls, and official timeouts during the “fast clock” portion of the game.
6. There will be a “**regulation clock**” during the **Last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter and during the last **60 seconds** of the 4<sup>th</sup> quarter. There will be a “regulation clock” during all overtime periods. Backcourt defense will be allowed overtime periods. The clock will stop for all fouls, violations, and time outs. Note: If a player fouls out any time during the game the officials will stop the clock for 30 second for the coach to enter a sub.

**Playing Rules:**

1. Youth League basketball games will be governed by the official rules of the National Federation of State High School Associations (Not college or professional rules) except a full size courts should be used, unless the facility is not equipped.
2. **Fouls** – 6 Fouls, including personal, technical or intentional.
3. **Defense** –there will be no defense allowed in the back court until (1) minute remaining in the 4th quarter and all overtime periods. When a team gains possession of the ball in the back-court, the other team must retreat to the front court and allow the offensive player into the front court before defending him. This includes all throw-ins.

**Penalty:** One (1) free-throw and possession of the ball at mid-court.

**Note:** The front court will be established:

1. When the ball crosses the mid-court line if the ball is not in possession of an offensive player
2. When the ball and both feet of the offensive player have crossed the mid-court line if the player is dribbling the ball.

**Note:** Inadvertent contact by a defensive player playing in the backcourt is not a violation and will result in the offensive team receiving the ball out of bounds.

4. **Jump balls-** will be used only at the start of the game and all overtime periods. The alternating possession rule will be used for all held balls and to begin the 2<sup>nd</sup>, 3<sup>rd</sup>, 2<sup>nd</sup> half of 3<sup>rd</sup>, and 4<sup>th</sup> periods.

### **Mandatory Playing Rules:**

1. All players who are dressed out and who are ready to play prior to start of the second (2<sup>nd</sup>) quarter must play a minimum of one (1) full quarter in the first half, and a ½ of the 3<sup>rd</sup> quarter (the 3<sup>rd</sup> Quarter will be divided in to two (2) separate 3:30 minute periods to accommodate the mandatory playing rule).  
**Exceptions: injury, sickness, blood rule, a player fouling out in the first half and replacing a player who has been ejected from the game.**  
**Note:** At the end of the first part of the 3<sup>rd</sup> quarter when the clock runs to 0.00, the alternating possession rule will be in effect and the ball will be taken out of bounds at the half-court line to start the 2<sup>nd</sup> segment of the quarter.
2. Players who are dressed out and who are ready to play prior to the start of the third (3<sup>rd</sup>) quarter on a roster with 10 players or less are required to play half (½) of the 3<sup>rd</sup> quarter in order to meet the minimum playing rule. A player arriving after the 3<sup>rd</sup> quarter has started is not required to play, however can enter the game and play during the quarter. It is the coach's decision to use the player if he arrives after the 3<sup>rd</sup> quarter has started.
3. If there are fewer than 10 players, the coach may choose which of his starting players will continue to play in the second (2<sup>nd</sup>) quarter. Players who have not had their playing time shall start the second (2<sup>nd</sup>) quarter and shall not be substituted. **Players who have met their playing requirements in the first (1<sup>st</sup>) quarter may be substituted for at any time in the second (2<sup>nd</sup>) quarter. All players must still play ½ of the third (3<sup>rd</sup>) quarter.**
4. If there are ten (10) players, the starting five players shall play the entire first (1<sup>st</sup>) quarter without being substituted for unless there is an injury. The remaining five (5) players shall play the entire second (2<sup>nd</sup>) quarter without substitution. All players must play a half of the third (3<sup>rd</sup>) quarter.
5. Any player removed from the game due to injury must be allowed to fulfill their required playing time at the earliest opportunity.
6. If there are more than 10 players, all players who did not play during the first (1<sup>st</sup>) half shall start the third (3<sup>rd</sup>) quarter and shall not be substituted for until they have played one (1) full quarter. Players, who did not play a ½ of the 3<sup>rd</sup> quarter, must play ½ of the 4<sup>th</sup> quarter.

### **25-Point Rule:**

1. When a team reaches a 26 point lead:
  - 1.1 The score is removed from the scoreboard, but is still being kept in the scorebook.
  - 1.2 The team ahead is not permitted to play full-court defense.  
**Penalty:** One (1) free-throw and possession of the ball at mid-court.
2. Once the team's lead is 15 points or less, the 25-Point Rule will no longer be in effect.

### **Tournament Information:**

Each District will have a season-ending single elimination tournament in the Mitey Mite to Super League. Regular season rules will apply during this tournament. In the event Districts have more than one league in a particular age division, all teams from both leagues will compete for the district championship.

City Tournament: Each District will send teams to the City-wide tournament in Little League, Junior League, Senior League and Super Leagues. Winners of the District tournaments will participate in the City tournament.

Note: Regular season champions from each district including little to super leagues will also participate in the City tournament. If a district has more than one league in a particular age group, a regular season champion from each division will be invited to the tournament. If teams are tied for the regular season title, head to head play should be the first determining factor in a tie-breaker. If the teams split during the regular season, both will be invited to the City Tournament. If more than 2 teams are tied, head to head play will again be used as a tie-breaker. In the case both the district tournament champion and regular season champion are the same team, the runner up in the District Tournament will also represent the district in the City Tournament.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 831-6575 or <http://www.parks.raleighnc.gov>.

**Raleigh Parks and Recreation Department Youth Basketball 2011-2012**  
**Junior League Basketball General Guidelines**

**Purpose:** The Purpose of Raleigh Parks and Recreation Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** Boy's League: 13 and 14 year olds;  
Girl's league: 13 to 15 year olds;

**Ball Size:** Boys: An official diameter basketball.  
Girls: A 28.5 Diameter Basketball.

**Basket Height:** 10 Feet

**Practice:** Each district will try and schedule two practices per week prior to the season, once league play starts, one practice per week will be scheduled. All practices will be one hour.

**Number of Games:** 12

**Free Throws:** Free throw line is at 15 feet. The bonus (one and one) will be in effect on the 7th team foul of each half. Double bonus will take effect on the 10<sup>th</sup> team foul of each half.

**Playing Time:**

1. The league will play four (4), eight (8) minute quarters. The 3<sup>rd</sup> Quarter will be divided into two (2) 4:00 minute periods to accommodate the mandatory playing rule, with the possession arrow determining possession to start the second half of the 3<sup>rd</sup> quarter. This will be a substitution pause and not a time out. There will be one (1) minute between quarters and five (5) minutes between halves.
2. Each overtime period shall be two (2) minutes in length with a one (1) minute break between the end of regulation, and each overtime period. There will be a "regulation clock" during all overtime periods.
3. Coaches will have 20 seconds to replace or remove a disqualified/injured player, or player directed to leave the game. The warning horn will sound with approximately 15 seconds remaining in the replacement time.
4. Each team is allowed three (3), 1 minute time outs per game. Time outs **do** carry over from the first half to the second half. One additional time out will be allowed for each overtime period. Time outs do carry over from the second half to overtime.
5. There will be a "**fast clock**" until the **last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and the 2<sup>nd</sup> half of the 3rd quarter and until the last **60 seconds** of the 4<sup>th</sup> quarter. The clock will stop only for the time outs, shooting fouls, and official timeouts during the "fast clock" portion of the game.
6. There will be a "**regulation clock**" during the **Last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter and during the last **60 seconds** of the 4<sup>th</sup> quarter. There will be a "regulation clock" during all overtime periods. The clock will stop for all fouls, violations, and time outs.

**Playing Rules:**

1. Youth League basketball games will be governed by the official rules of the National Federation of State High School Associations (Not college or professional rules) except a full size courts should be used, unless the facility is not equipped.
2. Fouls – 5 Fouls, including personal, technical or intentional.
3. Jump balls will be used only at the start of the game and all overtime periods. The alternating possession rule will be used for all held balls and to begin the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> periods.

### **Mandatory Playing Rules:**

1. All players who are dressed out and who are ready to play prior to start of the second (2<sup>nd</sup>) quarter must play a minimum of one (1) full quarter in the first half, and a ½ of the 3<sup>rd</sup> quarter (the 3<sup>rd</sup> Quarter will be divided in to two (2) separate 3:30 minute periods to accommodate the mandatory playing rule).  
**Exceptions: injury, sickness, blood rule, a player fouling out in the first half and replacing a player who has been ejected from the game.**  
**Note:** At the end of the first part of the 3<sup>rd</sup> quarter when the clock runs to 0.00, the alternating possession rule will be in effect and the ball will be taken out of bounds at the half-court line to start the 2<sup>nd</sup> segment of the quarter.
2. Players who are dressed out and who are ready to play prior to the start of the third (3<sup>rd</sup>) quarter on a roster with 10 players or less are required to play half (½) of the 3<sup>rd</sup> quarter in order to meet the minimum playing rule. A player arriving after the 3<sup>rd</sup> quarter has started is not required to play, however can enter the game and play during the quarter. It is the coach's decision to use the player if he arrives after the 3<sup>rd</sup> quarter has started.
3. If there are fewer than 10 players, the coach may choose which of his starting players will continue to play in the second (2<sup>nd</sup>) quarter. Players who have not had their playing time shall start the second (2<sup>nd</sup>) quarter and shall not be substituted. **Players who have met their playing requirements in the first (1<sup>st</sup>) quarter may be substituted for at any time in the second (2<sup>nd</sup>) quarter. All players must still play ½ of the third (3<sup>rd</sup>) quarter.**
4. If there are ten (10) players, the starting five players shall play the entire first (1<sup>st</sup>) quarter without being substituted for unless there is an injury. The remaining five (5) players shall play the entire second (2<sup>nd</sup>) quarter without substitution. All players must play a half of the third (3<sup>rd</sup>) quarter.
5. Any player removed from the game due to injury must be allowed to fulfill their required playing time at the earliest opportunity.
6. If there are more than 10 players, all players who did not play during the first (1<sup>st</sup>) half shall start the third (3<sup>rd</sup>) quarter and shall not be substituted for until they have played one (1) full quarter. Players who did not play a ½ of the 3<sup>rd</sup> quarter, must play ½ of the 4<sup>th</sup> quarter.

### **25-Point Rule:**

1. When a team reaches a 25 point lead:
  - 1.1 The score is removed from the scoreboard, but is still kept in the scorebook.
  - 1.2 The team ahead is not permitted to play full-court defense.  
**Penalty:** One (1) free-throw and possession of the ball at mid-court.
2. Once the team's lead is 15 points or less, the 25-Point Rule will no longer be in effect.

### **Tournament Information:**

Each District will have a season-ending single elimination tournament in the Mitey Mite to Super League. Regular season rules will apply during this tournament. In the event Districts have more than one league in a particular age division, all teams from both leagues will compete for the district championship.

City Tournament: Each District will send teams to the City-wide tournament in Little League, Junior League, Senior League and Super Leagues. Winners of the District tournaments will participate in the City tournament

Note: Regular season champions from each district including little to super leagues will also participate in the City tournament. If a district has more than one league in a particular age group, a regular season champion from each division will be invited to the tournament. If teams are tied for the regular season title, head to head play should be the first determining factor in a tie-breaker. If the teams split during the regular season, both will be invited to the City Tournament. If more than 2 teams are tied, head to head play will again be used as a tie-breaker. In the case both the district tournament champion and regular season champion are the same team, the runner up in the District Tournament will also represent the district in the City Tournament.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 831-6575 or <http://www.parks.raleighnc.gov>.

Where sportsmanship defines competition!

**Raleigh Parks and Recreation Department Youth Basketball 2011-2012**  
**Senior League Basketball General Guidelines**

**Purpose:**

The Purpose of Raleigh Parks and Recreation Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 15 and 16 years olds;

**Ball:** An official diameter basketball.

**Basket Height:** 10 Feet

**Practice:**

Each district will try and schedule two practices per week prior to the season, once league play starts, one practice per week will be scheduled. All practices will be one hour.

**Number of Games:** 12

**Free Throws:** Free throw line is at 15 feet. The bonus (one and one) will be in effect on the 7th team foul of each half. Double bonus will take effect after the 10<sup>th</sup> foul.

**Playing Time:**

1. The league will play four (4), eight (8) minute quarters. The 3<sup>rd</sup> Quarter will be divided into two (2) 4:00 minute periods to accommodate the mandatory playing rule, with the possession arrow determining possession to start the second half of the 3<sup>rd</sup> quarter. This will be a substitution pause and not a time out. There will be one (1) minute between quarters and five (5) minutes between halves.
2. Each **overtime** period shall be two (2) minutes in length with a one (1) minute break between the end of regulation, and each overtime period.
3. Coaches will have 20 seconds to replace or remove a disqualified/injured player, or player directed to leave the game. The warning horn will sound with approximately 15 seconds remaining in the replacement time.
4. Each team is allowed three (3), 1 minute time outs per game. Time outs **do** carry over from the first half to the second half. One additional time out will be allowed for each overtime period. Time outs do carry over from the second half to overtime.
5. There will be a **“fast clock”** until the **last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and the 2<sup>nd</sup> half of the 3rd quarter and until the last **60 seconds** of the 4<sup>th</sup> quarter. The clock will stop only for the time outs, shooting fouls, and official timeouts during the “fast clock” portion of the game.
6. There will be a **“regulation clock”** during the **Last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter and during the last **60 seconds** of the 4<sup>th</sup> quarter. There will be a “regulation clock” during all overtime periods. The clock will stop for all fouls, violations, and time outs.

**Playing Rules:**

1. Youth League basketball games will be governed by the official rules of the National Federation of State High School Associations (Not College or professional rules) except a Full size courts should be used, unless the facility is not equipped.
2. Fouls – 5 Fouls, including personal, technical, and intentional.
3. Jump balls will be used only at the start of the game and all overtime periods. The alternating possession rule will be used for all held balls and to begin the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> periods.

### **Mandatory Playing Rules:**

1. All players who are dressed out and who are ready to play prior to start of the second (2<sup>nd</sup>) quarter must play a minimum of one (1) full quarter in the first half, and a ½ of the 3<sup>rd</sup> quarter (the 3<sup>rd</sup> Quarter will be divided in to two (2) separate 3:30 minute periods to accommodate the mandatory playing rule).

**Exceptions: injury, sickness, blood rule, a player fouling out in the first half and replacing a player who has been ejected from the game.**

**Note:** At the end of the first part of the 3<sup>rd</sup> quarter when the clock runs to 0.00, the alternating possession rule will be in effect and the ball will be taken out of bounds at the half-court line to start the 2<sup>nd</sup> segment of the quarter.

2. Players who are dressed out and who are ready to play prior to the start of the third (3<sup>rd</sup>) quarter on a roster with 10 players or less are required to play half (½) of the 3<sup>rd</sup> quarter in order to meet the minimum playing rule. A player arriving after the 3<sup>rd</sup> quarter has started is not required to play, however can enter the game and play during the quarter. It is the coach's decision to use the player if he arrives after the 3<sup>rd</sup> quarter has started.
3. If there are fewer than 10 players, the coach may choose which of his starting players will continue to play in the second (2<sup>nd</sup>) quarter. Players who have not had their playing time shall start the second (2<sup>nd</sup>) quarter and shall not be substituted. **Players who have met their playing requirements in the first (1<sup>st</sup>) quarter may be substituted for at any time in the second (2<sup>nd</sup>) quarter. All players must still play ½ of the third (3<sup>rd</sup>) quarter.**
4. If there are ten (10) players, the starting five players shall play the entire first (1<sup>st</sup>) quarter without being substituted for unless there is an injury. The remaining five (5) players shall play the entire second (2<sup>nd</sup>) quarter without substitution. All players must play a half of the third (3<sup>rd</sup>) quarter.
5. Any player removed from the game due to injury must be allowed to fulfill their required playing time at the earliest opportunity.
6. If there are more than 10 players, all players who did not play during the first (1<sup>st</sup>) half shall start the third (3<sup>rd</sup>) quarter and shall not be substituted for until they have played one (1) full quarter. Players who did not play a ½ of the 3<sup>rd</sup> quarter, must play ½ of the 4<sup>th</sup> quarter.

### **25-Point Rule:**

1. When a team reaches a 25 point lead:
  - 1.1 The score is removed from the scoreboard, but is still kept in the scorebook.
  - 1.2 The team ahead is not permitted to play full-court defense.

**Penalty:** One (1) free-throw and possession of the ball at mid-court.
2. Once the team's lead is 15 points or less, the 25-Point Rule is removed from play.

### **Tournament Information:**

The Senior League will have a season-ending single elimination tournament. Regular season rules will apply during this tournament. In the event Districts have more than one league in a particular age division, all teams from both leagues will compete for the district championship.

City Tournament: Each District will send teams to the City-wide tournament in Little League, Junior League, Senior League and Super Leagues. Winners of the District tournaments will participate in the City tournament.

No food or drink allowed in the gym for spectators. Players are able to have plastic water bottles with closed lids in the bench area. No drinks or snacks in the gym after the games.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 831-6575 or <http://www.parks.raleighnc.gov>.

**Raleigh Parks and Recreation Department Youth Basketball 2011-2012**  
**Super League Basketball General Guidelines**

**Purpose:**

The Purpose of Raleigh Parks and Recreation Basketball is to provide the opportunity to the youth of Raleigh to have fun and learn the skills involved in sports.

**Ages:** 17 and 18 years olds

**Ball:** An official diameter Basketball.

**Basket Height:** 10 Feet

**Practice:**

Each district will try and schedule two practices per week prior to the season, once league play starts, one practice per week will be scheduled. All practices will be one hour.

**Number of Games:** 12

**Free Throws:** Free throw line is at 15 feet. The bonus (one and one) will be in effect on the 7th team foul of each half. Double bonus will take effect on the 10<sup>th</sup> team foul.

**Playing Time:**

1. All leagues will play four (4), eight (8) minute quarters. The 3<sup>rd</sup> Quarter will be divided into two (2) 4:00 minute periods to accommodate the mandatory playing rule, with the possession arrow determining possession to start the second half of the 3<sup>rd</sup> quarter. This will be a substitution pause and not a time out. There will be one (1) minute between quarters and five (5) minutes between halves.
2. Each **overtime** period shall be two (2) minutes in length with a one (1) minute break between the end of regulation, and each overtime period.
3. Coaches will have 20 seconds to replace or remove a disqualified/injured player, or player directed to leave the game. The warning horn will sound with approximately 15 seconds remaining in the replacement time.
4. Each team is allowed three (3), 1 minute time outs per game. Time outs **do** carry over from the first half to the second half. One additional time out will be allowed for each overtime period. Time outs do carry over from the second half to overtime.
5. There will be a **“fast clock”** until the **last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and the 2<sup>nd</sup> half of the 3rd quarter and until the last **60 seconds** of the 4<sup>th</sup> quarter. The clock will stop only for the time outs, shooting fouls, and official timeouts during the “fast clock” portion of the game.
6. There will be a **“regulation clock”** during the **Last 30 seconds** of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarter and during the last **60 seconds** of the 4<sup>th</sup> quarter. There will be a “regulation clock” during all overtime periods. The clock will stop for all fouls, violations, and time outs.

**Playing Rules:**

1. Youth League basketball games will be governed by the official rules of the National Federation of State High School Associations (Not college or professional rules) except a full size courts should be used, unless the facility is not equipped.
3. Fouls – 5 Fouls
3. Jump balls will be used only at the start of the game and all overtime periods. The alternating possession rule will be used for all held balls and to begin the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> periods.



### **Mandatory Playing Rules:**

1. All players who are dressed out and who are ready to play prior to start of the second (2<sup>nd</sup>) quarter must play a minimum of one (1) full quarter in the first half, and a ½ of the 3<sup>rd</sup> quarter (the 3<sup>rd</sup> Quarter will be divided in to two (2) separate 3:30 minute periods to accommodate the mandatory playing rule).  
**Exceptions: injury, sickness, blood rule, a player fouling out in the first half and replacing a player who has been ejected from the game.**
2. Players who are dressed out and who are ready to play prior to the start of the third (3<sup>rd</sup>) quarter on a roster with 10 players or less are required to play half (½) of the 3<sup>rd</sup> quarter in order to meet the minimum playing rule. A player arriving after the 3<sup>rd</sup> quarter has started is not required to play, however can enter the game and play during the quarter. It is the coach's decision to use the player if he arrives after the 3<sup>rd</sup> quarter has started.
3. If there are fewer than 10 players, the coach may choose which of his starting players will continue to play in the second (2<sup>nd</sup>) quarter. Players who have not had their playing time shall start the second (2<sup>nd</sup>) quarter and shall not be substituted. **Players who have met their playing requirements in the first (1<sup>st</sup>) quarter may be substituted for at any time in the second (2<sup>nd</sup>) quarter. All players must still play ½ of the third (3<sup>rd</sup>) quarter.**
4. If there are ten (10) players, the starting five players shall play the entire first (1<sup>st</sup>) quarter without being substituted for unless there is an injury. The remaining five (5) players shall play the entire second (2<sup>nd</sup>) quarter without substitution. All players must play a half of the third (3<sup>rd</sup>) quarter.
5. Any player removed from the game due to injury must be allowed to fulfill their required playing time at the earliest opportunity.
6. If there are more than 10 players, all players who did not play during the first (1<sup>st</sup>) half shall start the third (3<sup>rd</sup>) quarter and shall not be substituted for until they have played one (1) full quarter. Players who did not play a ½ of the 3<sup>rd</sup> quarter, must play ½ of the 4<sup>th</sup> quarter.

### **25-Point Rule:**

1. When a team reaches a 25 point lead:
  - 1.1 The score is removed from the scoreboard.
  - 1.2 The team ahead is not permitted to full-court press.  
**Penalty:** One (1) free-throw and possession of the ball at mid-court.
2. Once the team's lead is less than 15 points, the 25-Point Rule will no longer be in effect.

### **Tournament Information:**

The Super League will have a season-ending single elimination tournament. Regular season rules will apply during this tournament. In the event Districts have more than one league in a particular age division, all teams from both leagues will compete for the district championship.

City Tournament: Each District will send teams to the City-wide tournament in Little League, Junior League, Senior League and Super Leagues. Winners of the District tournaments will participate in the City tournament.

Coaches will be called for any game cancellations and coaches will call players. Please do not call the center. Call the hotline number at 831-6575 or <http://www.parks.raleighnc.gov>.

### **Note**

No food or drink allowed in the gym for spectators. Players are able to have plastic water bottles with closed lids in the bench area. No drinks or snacks in the gym after the games.